

THE 50+ Connection

NEWS and EVENTS from the
Howard County Office on Aging and Independence

Department of Community Resources and Services

Volume 7, No. 3 • March 2017

Navigating the Challenges of Caregiving

5th Annual Caregiver Conference to be held Saturday, March 25 at Glenwood 50+ Center

Caregivers are everywhere; in fact, almost everyone will become a caregiver at some point in their lives. “The well-being of the caregiver is at the heart of everything we do in the Caregiver Support Program of the Howard County Office on Aging and Independence (OOAI),” says Kathy Wehr, manager of the program. “We want to keep them well in both mind and body. It’s all about listening and providing support when needed so caregivers can continue to support those they love while remaining healthy themselves.”

For the past five years, the Caregiver Conference has provided an opportunity to reach Howard County’s caregivers on a more personal level; the one day event offers access to information, education and resources, but it’s the personal contact that attendees have found to be most valuable. Recognizing that caregiving is a journey no matter what your stage or situation, the 5th annual conference is entitled “The Caregiving Journey, A Universal Voyage” and will take place on Saturday, March 25 from 9 a.m. to 3:30 p.m. at the Glenwood 50+ Center, 2400 Route 97, in Cooksville 21723. “At this event, the caregiver is our priority,” says Wehr, “It’s a great opportunity for them to meet others who are dealing with the same challenges they face every day.”

Steven A. Bullock, Director, Department of Community Resources and Services (DCRS) will welcome attendees and introduce the keynote speaker, Dr. Nicole Absar, Medical Director of the Memory Clinic at Integrace Copper Ridge. Breakout sessions will feature three tracks to provide insight and discussion on a number of relevant topics, designed to reach caregivers at the different stages of their journey. The Board of Social Work Examiners of Maryland has qualified this training module for 3.5 Category I CEUs to social work professionals in attendance.

Conference Sessions

TRACK 1: PREPARING FOR THE JOURNEY

- Beginning Legal Preparations (Barbara Coleman, Legal Aid)
- Navigating Resources and Services (Emily Leclercq/Barbara Albert, OOAI)
- Modifying/Adapting Environments (Aging In Place Program/OOAI)
- Managing Medications (Dr. Fariborz Zarfesham, ALFA Specialty Pharmacy)
- Protecting Vulnerable Adults (Nicole Patterson/Beth Silverman, DCRS)

TRACK 2: NAVIGATING THE WATERS

- Alzheimer’s and Related Dementias (Yolanda Wright, Alzheimer’s Assoc.)
- Parkinson’s (Arita McKoy, Johns Hopkins Parkinson’s Disease and Movement Disorder Center)
- Behavioral Health (Beverly Frances-Gibson, NAMI)
- LGBT Community (Alex Kent, Services and Advocacy for GLBT Elders (SAGE))
- Nutrition Supporting Strength/Independence (Judy Simon, Maryland Department of Aging)

TRACK 3: TAKING THE HELM

- Finalizing Legal Matters (Blake Fetrow, Legal Aid)
- Coping with Changing Behaviors (Kim Burton, Mental Health Assoc of MD)
- Changing the Perception of Palliative Care and Hospice (Jessica Rowe, ElderCare Consulting LLC)
- Making Mindful Transitions through Grief (Lisa Harvin, Gilchrist Hospice)
- Living the Moment through Art (Carol Dana, Arts for Well-Being)

The caregiver conference fee is \$10/person for lunch and conference or \$40/person for lunch, conference and CEUs. The fee includes continental breakfast; lunch; seminars and handouts; access to over 20 industry-relevant exhibitors; door prize drawings and a goody bag for all attendees. Free on-site respite is provided.

The registration deadline for conference and respite is Friday, March 17. Register online at <https://caregiverjourney.eventbrite.com>. For details or to request accommodations to attend, contact Earnestine Thomas at ethomas@howardcountymd.gov or 410-313-5969 (voice/relay).

A Message from

Steven A. Bullock

Director, Howard County Department of
Community Resources and Services



For more than 40 years, Gerda Lerner helped to spread awareness of women’s history through her narratives and activism to establish women’s history as a recognized formal academic field. When President Carter proclaimed the first National Women’s History Week in 1981, he quoted Lerner in his proclamation as saying, “Women’s history is women’s right — an essential, indispensable heritage from which we can draw pride, comfort, courage, and long range vision.”

In 1987, Congress declared March “National Women’s History Month.” Every president since has issued a proclamation to honor the extraordinary achievements of American women. The 2017 theme, “Honoring Trailblazing Women in Labor and Business” recognizes the contributions of women who have successfully challenged the role of women in both business and the paid labor force.

Each year, the Howard County Commission for Women marks Women’s History Month by inducting five exemplary women into the Howard County Women’s Hall of Fame (WHOF). The five women honored this year truly embody the spirit of the celebration and are impressive role models for all of us. They include: Mary Catherine Cochran, Sandy Harriman, Stacie Hunt, Diane Martin and Peggy Schultz. Join us for the WHOF induction ceremonies on Thursday, March 9, at 7:30 p.m. in the Banneker Room of the George Howard Building in Ellicott City.

I would also like to take a moment to recognize the Howard County Government employees who helped us successfully complete renovations at the Bain and East Columbia 50+ Centers earlier this year. Thank you to the Bureau of Facilities staff for their attention to every construction detail; to Center Directors Linda Ethridge and Meridy McCague and their teams at Bain and East Columbia for minimizing the disruption to center members and the community; and to 50+ Center Division Manager, Barbara Scher, for her leadership behind the scenes. I am certain everyone is enjoying the results!

Is Solar Energy Right For You?

The installation of solar panels can be a great way to get renewable energy at home. But, before you commit, make sure it's a great choice for you!

Do Your Homework Before You Invest

- Review your utility bill to see how much electricity you used in the last year and what it cost so that you can accurately assess the amount of savings that solar panels will provide.
- Consider how long you plan to stay in your home. A residential system is designed to stay on a home for at least 20 years. Will you be able to take full advantage of the system? How will the system affect your ability to sell your home?
- Look carefully at your home. The amount of direct sunlight your roof gets, the condition of your roof, and other environmental factors will determine how much energy a solar energy system will generate.

Buying vs. Renting a Solar Energy System

- Solar energy systems are expensive. In addition to the initial cost, you will also have to pay for maintenance and repairs. Buying, however, may result in a larger reduction of your annual electricity costs, and will enable you to take advantage of tax credits and other incentives.
- Renting a solar energy system is less expensive but the solar panels belong to the solar energy company. While you should still get some financial benefits from the system, you will not qualify for most tax breaks or incentives.



March 5-11 is National Consumer Protection Week!

Check out the various ways the Howard County Office of Consumer Protection can assist you at www.howardcountymd.gov/consumer

- Both purchase and rental contracts for solar energy systems are complicated and have long term consequences. Make sure you fully understand the installation process and the contract terms before you sign.

For more information, go to www.howardcountymd.gov/consumer for our latest fact sheet: "Lighting the Way - How to Evaluate Solar Energy for Your Home." For information on other consumer issues or to file a complaint, contact the Office of Consumer Protection at 410-313-6420 (voice/relay) or consumer@howardcountymd.gov.



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This publication is available in alternate formats upon request. To join our subscriber list, email kahenry@howardcountymd.gov

6751 Columbia Gateway Dr., Suite 200, Columbia, MD 21046
410-313-6410 (VOICE/RELAY) • www.howardcountymd.gov/aging

Find us on  [www.Facebook.com/HoCoCommunity](https://www.facebook.com/HoCoCommunity)

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Save the Date for the 9th Annual

WOMENFEST

A Health & Wellness Event for Women

Saturday, April 29 • 10 am - 3 pm

Gary J. Arthur Community Center at Glenwood
2400 Route 97, Cooksville, MD 21723

INFORMATION • INSPIRATION • IDEAS
for living a more balanced, healthier and fulfilled life!

- Free Admission
- On-Site Parking
- 100+ Exhibitors
- Dynamic Seminars
- Engaging Workshops
- Important Health Screenings
- Cooking and Fitness Demos
- All Day Door Prizes



Howard County Office on
Aging and Independence

410-313-5440 (VOICE/RELAY)
www.howardcountymd.gov/womenfest

If you need accommodations to attend, contact Maryland Access Point (MAP) at 410-313-1234 at least one week prior.

P4C Pet Evaluations

If you are interested in volunteering, or wish to receive a FREE evaluation for your pet, contact:

Ingrid Gleysteen, PROGRAM COORDINATOR
410-313-7461 • igleysteen@howardcountymd.gov

March 2
7 TO 9 PM

Bain 50+ Center
5470 Ruth Keeton Way
Columbia 21044



Howard County
**Paws4
Comfort**

Touching Hearts... One Visit at a Time



Intergenerational Programs to Enjoy

Thursday, March 16 • 10 a.m. to 12:15 p.m.

West Side Story

Mt. Hebron High School
9440 Route 99, Ellicott City

Doors open at 9:30 a.m. for a FREE musical performance starring MHHS students, especially for older adults. If you are interested in attending, you MUST reserve a space by calling 410-313-0380 by March 10. Parking is limited; carpooling is encouraged.

Wednesday, April 5 & April 12 • 9 a.m. to noon

Where Were You When?

Glenelg Country School
12793 Folly Quarter Road, Ellicott City

Share your “living history” with 8th grade history students from Glenelg Country School with an initial interview about your life experiences; then return to hear the students tell your story. This FREE event includes breakfast and a catered lunch. For more information or to register, call Trisha at 410-313-0389 or email her at tolsen@howardcountymd.gov by April 1.

How to Be a GREAT Grandparent!

Parenting has changed in many ways since today's grandparents were raising their own children, so don't miss this program!

Thursday, March 23

6:00 - 8:00 pm

Bain 50+ Center
5470 Ruth Keeton Way, Columbia

FREE, but space is limited and pre-registration is required!

- Research-based practices to balance with your own tried & true skills
- Great resources to support your children in their new role as parents
- Ways to safeguard your home for infants & toddlers
- Your role as a grandparent vs. a parent

REGISTER AT: www.howardcountymd.gov/familyinstitute
OR PHONE: 410-313-1440 (VOICE/RELAY)

WE HOPE TO SEE YOU THERE!



REGISTER NOW!

5th Annual Howard County CAREGIVER CONFERENCE

Featuring Nicole Absar, MD, Medical Director, Memory Clinic at Integrace Copper Ridge

Saturday, March 25, 2017 • 9 AM to 3:30 PM
Glenwood 50+ Center, 2400 Route 97, Cooksville 21723



Howard County Office on
Aging and Independence

THE
CAREGIVING JOURNEY
A Universal Voyage

REGISTRATION DEADLINE for Conference/Respite: FRIDAY, MARCH 17

\$10/person for lunch and conference

\$40/person for lunch, conference and CEUs

Includes continental breakfast; lunch; seminars and handouts; access to 20+ industry-relevant exhibitors; goody bag and chances to win great door prizes!

FREE On-Site Respite Provided!

This training module qualifies for 3.5 Category I Continuing Education Units (CEUs) by the Board of Social Work Examiners of Maryland

REGISTER ONLINE AT:

<https://caregiverjourney.eventbrite.com>

For additional information, contact:
Earnestine Thomas

ethomas@howardcountymd.gov
410-313-5969 (VOICE/RELAY)

www.howardcountymd.gov/aging

BUILD CONFIDENCE. REDUCE FALLS.

Howard County Office on Aging and Independence

SteppingON

Exercise and Strategies for Fall Prevention

A seven-week, evidence-based program designed to help reduce falls and increase confidence, strength and balance. Health and community-service professionals provide expertise on balance-related issues. The small group setting encourages active discussion, decision-making and behavior changes.

BAIN 50+ CENTER

5470 Ruth Keeton Way, Columbia 21044

TUESDAYS • 1:30 to 3:30 PM

March 14, 21 • April 4, 11, 18, 25 • May 2

\$28 includes 15 hours of workshop and all materials

To achieve the most benefits from this program, we encourage a commitment to attend all seven sessions.

WEEKLY TOPICS INCLUDE:

- ▶ Falls/Risks
- ▶ Safe Footwear
- ▶ Review of Medications
- ▶ Home Hazards/Vision
- ▶ Public and Community Safety
- ▶ Strength/Balance Exercises

To register or for

more information, contact:

JEANNIE DeCRAY
jdecray@howardcountymd.gov

410-313-6535 (VOICE/RELAY)

www.howardcountymd.gov/aging

Howard County 50+ Centers

CALENDAR HIGHLIGHTS

Go to www.howardcountymd.gov/50pluscenters for a complete list of events, programs and services.

MARCH						
SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Bain 50+ Center

Tuesday, March 14 • 10:30 a.m. — History Alive Presents: Sally Ride: Who Wants to Be an Astronaut?

Celebrate Women's History Month with award-winning actress and Smithsonian Scholar Mary Ann Jung's presentation of Sally Ride, America's first female astronaut; learn surprising facts about life aboard the space shuttle. FREE; register at 410-313-7213.

Friday, March 17 • Doors open at 4:30 p.m. —

St. Patrick's Day Celebration: The Teelin Irish Dancers

Experience the energy of Irish dance presented by the Teelin Irish Dance Company. Corned beef sandwiches and green mocktails will be served; performance begins at 5:30. FREE, donations accepted. Reserve tickets by March 10 at the front desk.

Tuesday, March 21 • 11:00 a.m. to noon —

The SSA Chorus Returns to Bain

The Social Security Administration (SSA) Chorus brings us show tunes, country music, favorites from the 1940's through the 1970's, plus movie theme songs. FREE; details at 410-313-7213.

East Columbia 50+ Center

Six Fridays, beginning March 2 • 10:00 a.m. to noon —

Begin or Continue Your "Learn to Knit" Adventure

No experience is necessary for this entry level and beyond beginners knitting class with a goal to complete an infinity scarf. \$35/six weeks; includes all materials. Register at 410-313-7680.

Tuesday, March 7 • 6:30 p.m. —

Create Your Retirement Income

Make a plan; maximize social security; look at risks in retirement and long term medical costs. FREE; register at 410-313-7680.

Wednesday, March 22 • 1:00 p.m. — Phytonutrients:

Defined and How They Can Help Prevent Disease?

Karen Basinger, MS, CFCS, LD, will discuss the importance of phytonutrients and maintaining a colorful diet. FREE; register at 410-313-7680.

Elkridge 50+ Center

Temporary Location: 5660 Furnace Avenue, Elkridge 21075

Monday, March 13 • 10:00 a.m. to noon —

African History Presentation

Members from the African Art Museum will present African Art and culture; refreshments served. FREE. Donations accepted.

Friday, March 17 • 10:30 a.m. — St. Patty's Day Party

Traditional corned beef and cabbage plus side dishes. Entertainment by Bob Stout; games and prizes. \$4 plus lunch donation. Register at 410-313-5192.

Monday, March 20 • 10:00 a.m. — iPhone/Android Class

Learn how to get the most from your cell phone's many capabilities: get directions; find recipes; monitor your bank account; send/receive emails; take and send photos; and so much more. FREE; register at 410-313-5192.

Ellicott City 50+ Center

Friday, March 10 • 11:00 a.m. —

Trending Now with Gary Kavanagh

An open discussion forum about current world events. Explore social media sources (Twitter, Facebook, Instagram, YouTube) plus traditional (newspapers and television). FREE; details at 410-313-1400.

Wednesday, March 15 • 1:00 p.m. —

"Remembering When" Fire Safety Program

Howard County Fire and Rescue presents fire safety tips, how many smoke alarms you should have in your home, the proper use of space heaters, and other fire prevention tips. FREE; details at 410-313-1400.

Friday, March 24 • 12:30 p.m. — Irishman's Choral

Amhránaí Na Gaeilge is one of the largest all male Irish choruses in the United States, and dedicated to the preservation of Irish culture and history through music. FREE; space is limited. Register: 410-313-1400.

Glenwood 50+ Center

Friday, March 10 • 11:00 a.m. — History Alive Presents: Sally Ride: Who Wants to Be an Astronaut?

See award-winning actress and Smithsonian Scholar Mary Ann Jung's presentation on Sally Ride, America's first female astronaut; learn surprising facts about life aboard the space shuttle. FREE; register at 410-313-5440.

Wednesday, March 15 • 10:00 a.m. — Civil War Series: A Civil War Captain and His Lady

Sponsored by "Books with a Past" Bookstore, author Gene Barr present a discussion of his book about Civil War Captain Josiah and his lady, Jennie. FREE; register at 410-313-5440.

Friday, March 17 • 11:00 a.m. — The Mighty Kelltones

Join this local group for a lively hour of traditional Celtic Folk Music. FREE; register at 410-313-5440.

Friday, March 24 • 11:00 a.m. — Baltimore: 100 Things To Do

Author Judy Colbert will join us to share stories and details of great places to visit in Baltimore. FREE; for information, call 410-313-5440.

North Laurel 50+ Center

Friday, March 10 • 10:30 a.m. — Shipbuilding in Baltimore

Shipbuilding has a long and rich history in Baltimore. Learn about the Baltimore Clipper, Great White Cargo Fleet and Liberty Ships, and the those who built them. FREE. Register: 410-313-0380.

Wednesday, March 15 • 11 a.m. — St. Patty's Day Bash

Celebrate St. Patty's Day with lunch and live celtic/folk music by the Mighty Kelltones. \$3 plus lunch donation; register at 410-313-0380.

Tuesday, March 21 • 10:30 a.m. — Mediterranean Cuisine

Our Healthy Tasting event explores foods rich in grains plus fresh herbs, fruits and vegetables. Learn new recipes and how to prepare healthy and flavorful meals. FREE; register at 410-313-0380.

Friday, March 24 • 11:00 a.m. — Hear America Sing

Celebrate the American Spirit with the Fabulous 50+ Players, plus lunch. Call 410-313-0380 to reserve lunch by March 15. FREE program; lunch contribution accepted.